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ESL

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Research proposal

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Effective Stress Relief

**Part1:**

1. Approach: expository/informative.
2. Rhetorical focus: (cause and effect) and classification or process.
3. Revised RQ: What are the best ***ways*** to ***relief*** ***stress*** among ***college*** ***students***?

**Part2:**

1. Keywords:

***College***:

University, college, school.

***Stress***:

Stress, pressure, anxiety, tension, worry.

***Relief***

Relief, release, break,

***students***

students, learners, exams, quiz, test, assignments, homework, project,

***Reasons:***

Reasons, causes, consequences, effects, impacts, influences,

***Ways:***

Methods, strategies, approach, arrangement, channels, manner, practice, technique, wise, steps.

***Stress:***

(Urgency, agony, apprehensiveness, burden, disquiet, fear, fearfulness, hardship, nervous tension, nervousness, tenseness, tension, tensity, trauma, trepidation, , urgency, worry)

***College:***

(Academy, college, educational institution, academe, academic community, academicians, **college**, savants, school , class)

***Relief:***

(abatement, , alleviation, amelioration, appeasement, assistance, assuagement, balm, break, breather, cheer, comfort, comforting, consolation, contentment, cure, deliverance, fix, load off)

***Consequences***:

(Aftereffect, aftermath, reaction, outgrowth, payback, reaction, repercussion, aftereffect, aftermath backlash, backwash, can of worms, causatum, chain reaction, conclusion)

1. Unrealistic expectations, Time urgency - too much work/pressures, Social pressures, Change in eating and sleeping habits, extracurricular activity.
2. Biofeedback, Adjustment disorder, Burnout, Stress hardiness, Stressor, symptoms, treatment, therapy, Diathesis-Stress Model, Optimism/Pessimism, Psychoneuroimmunology, stress responses, Coping strategies, emotional experience, cognitive information processing, sporting demands, undesirable consequences, stress management, inorganic objects, Psychological stress phenomena , Stimuli eliciting psychological stress, Response variables indicating stress, Threat and anxiety, Cognitive processes and threat, Cognitive processes and emotion, Evaluation of coping processes, nervous system, Fibromyalgia, Lodestone.